



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 36001, APPLEBEE'S, Double Crunch Shrimp

Report Date: July 04, 2017 17:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Restaurant Foods

Common Name: family style, applebees

Manufacturer Applebee's

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 206g
<b>Proximates</b>					
Water <sup>1</sup>	g	40.12	1	--	82.65
Energy	kcal	323	--	--	665
Energy	kJ	1352	--	--	2785
Protein <sup>1</sup>	g	12.31	1	--	25.36
Total lipid (fat) <sup>1</sup>	g	18.90	1	--	38.93
Ash <sup>1</sup>	g	2.71	1	--	5.58
Carbohydrate, by difference	g	25.96	--	--	53.48
Fiber, total dietary <sup>1</sup>	g	2.6	1	--	5.4
Sugars, total <sup>1</sup>	g	1.07	1	--	2.20
Sucrose <sup>1</sup>	g	0.30	1	--	0.62
Glucose (dextrose) <sup>1</sup>	g	0.07	1	--	0.14
Fructose <sup>1</sup>	g	0.20	1	--	0.41
Lactose <sup>1</sup>	g	0.00	1	--	0.00
Maltose <sup>1</sup>	g	0.50	1	--	1.03
Galactose <sup>1</sup>	g	0.00	1	--	0.00
Starch <sup>1</sup>	g	22.80	1	--	46.97
<b>Minerals</b>					
Calcium, Ca <sup>1</sup>	mg	45	1	--	93
Iron, Fe <sup>1</sup>	mg	1.03	1	--	2.12
Magnesium, Mg <sup>1</sup>	mg	23	1	--	47
Phosphorus, P <sup>1</sup>	mg	271	1	--	558

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 206g
Potassium, K <a href="#">1</a>	mg	97	1	--	200
Sodium, Na <a href="#">1</a>	mg	838	1	--	1726
Zinc, Zn <a href="#">1</a>	mg	0.78	1	--	1.61
Copper, Cu <a href="#">1</a>	mg	0.140	1	--	0.288
Manganese, Mn <a href="#">1</a>	mg	0.281	1	--	0.579
Selenium, Se <a href="#">1</a>	µg	26.6	1	--	54.8
<b>Vitamins</b>					
Thiamin <a href="#">1</a>	mg	0.090	1	--	0.185
Riboflavin <a href="#">1</a>	mg	0.089	1	--	0.183
Niacin <a href="#">1</a>	mg	0.900	1	--	1.854
Pantothenic acid <a href="#">1</a>	mg	0.340	1	--	0.700
Vitamin B-6 <a href="#">1</a>	mg	0.055	1	--	0.113
Folate, total <a href="#">1</a>	µg	14	1	--	29
Choline, total <a href="#">1</a>	mg	50.1	--	--	103.2
Vitamin B-12 <a href="#">1</a>	µg	0.43	1	--	0.89
Vitamin A, RAE	µg	2	--	--	4
Retinol <a href="#">1</a>	µg	2	1	--	4
Vitamin A, IU	IU	5	--	--	10
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.97	1	--	4.06
Tocopherol, beta <a href="#">1</a>	mg	0.22	1	--	0.45
Tocopherol, gamma <a href="#">1</a>	mg	8.31	1	--	17.12
Tocopherol, delta <a href="#">1</a>	mg	3.35	1	--	6.90
Vitamin K (phylloquinone) <a href="#">1</a>	µg	29.1	1	--	59.9
<b>Lipids</b>					
Fatty acids, total saturated	g	3.366	--	--	6.934
4:0 <a href="#">1</a>	g	0.000	1	--	0.000
6:0 <a href="#">1</a>	g	0.000	1	--	0.000
8:0 <a href="#">1</a>	g	0.006	1	--	0.012
10:0 <a href="#">1</a>	g	0.005	1	--	0.010
12:0 <a href="#">1</a>	g	0.002	1	--	0.004
14:0 <a href="#">1</a>	g	0.020	1	--	0.041
15:0 <a href="#">1</a>	g	0.006	1	--	0.012

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16:0 <sup>1</sup>	g	1.991	1	--	4.101
17:0 <sup>1</sup>	g	0.022	1	--	0.045
18:0 <sup>1</sup>	g	1.163	1	--	2.396
20:0 <sup>1</sup>	g	0.065	1	--	0.134
22:0 <sup>1</sup>	g	0.063	1	--	0.130
24:0 <sup>1</sup>	g	0.023	1	--	0.047
Fatty acids, total monounsaturated	g	4.235	--	--	8.724
14:1 <sup>1</sup>	g	0.000	1	--	0.000
15:1 <sup>1</sup>	g	0.000	1	--	0.000
16:1 undifferentiated <sup>1</sup>	g	0.035	--	--	0.072
16:1 c <sup>1</sup>	g	0.033	1	--	0.068
16:1 t <sup>1</sup>	g	0.002	1	--	0.004
17:1 <sup>1</sup>	g	0.011	1	--	0.023
18:1 undifferentiated <sup>1</sup>	g	4.058	--	--	8.359
18:1 c <sup>1</sup>	g	4.018	1	--	8.277
18:1 t <sup>1</sup>	g	0.040	1	--	0.082
20:1 <sup>1</sup>	g	0.131	1	--	0.270
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000
22:1 c <sup>1</sup>	g	0.000	1	--	0.000
22:1 t <sup>1</sup>	g	0.000	1	--	0.000
24:1 c <sup>1</sup>	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	9.682	--	--	19.945
18:2 undifferentiated <sup>1</sup>	g	8.505	--	--	17.520
18:2 n-6 c,c <sup>1</sup>	g	8.379	1	--	17.261
18:2 CLAs <sup>1</sup>	g	0.021	1	--	0.043
18:2 t not further defined <sup>1</sup>	g	0.105	1	--	0.216
18:3 undifferentiated <sup>1</sup>	g	1.067	--	--	2.198
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.977	1	--	2.013
18:3 n-6 c,c,c <sup>1</sup>	g	0.090	1	--	0.185
18:3i <sup>1</sup>	g	0.000	1	--	0.000
18:4 <sup>1</sup>	g	0.000	1	--	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.010	1	--	0.021

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20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000
20:3 n-6 <sup>1</sup>	g	0.000	1	--	0.000
20:4 undifferentiated <sup>1</sup>	g	0.030	1	--	0.062
20:5 n-3 (EPA) <sup>1</sup>	g	0.034	1	--	0.070
22:4 <sup>1</sup>	g	0.003	1	--	0.006
22:5 n-3 (DPA) <sup>1</sup>	g	0.004	1	--	0.008
22:6 n-3 (DHA) <sup>1</sup>	g	0.030	1	--	0.062
Fatty acids, total trans	g	0.147	--	--	0.303
Fatty acids, total trans-monoenoic	g	0.042	--	--	0.087
Cholesterol <sup>1</sup>	mg	86	1	--	177
<b>Amino Acids</b>					
Tryptophan <sup>2</sup>	g	0.139	--	--	0.286
Threonine <sup>2</sup>	g	0.447	--	--	0.921
Isoleucine <sup>2</sup>	g	0.526	--	--	1.084
Leucine <sup>2</sup>	g	0.959	--	--	1.976
Lysine <sup>2</sup>	g	0.829	--	--	1.708
Methionine <sup>2</sup>	g	0.282	--	--	0.581
Cystine <sup>2</sup>	g	0.167	--	--	0.344
Phenylalanine <sup>2</sup>	g	0.550	--	--	1.133
Tyrosine <sup>2</sup>	g	0.415	--	--	0.855
Valine <sup>2</sup>	g	0.548	--	--	1.129
Arginine <sup>2</sup>	g	0.894	--	--	1.842
Histidine <sup>2</sup>	g	0.263	--	--	0.542
Alanine <sup>2</sup>	g	0.622	--	--	1.281
Aspartic acid <sup>2</sup>	g	1.075	--	--	2.214
Glutamic acid <sup>2</sup>	g	2.680	--	--	5.521
Glycine <sup>2</sup>	g	0.582	--	--	1.199
Proline <sup>2</sup>	g	0.792	--	--	1.632
Serine <sup>2</sup>	g	0.486	--	--	1.001
<b>Other</b>					
<b>Sources of Data</b>					
<sup>1</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17g, 2013 Beltsville MD					
<sup>2</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008 Beltsville MD					